SACWN Inc.
SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK
June/July 2005 Vol. 42

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Changes For Our Freedom Fair

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Freedom Fair's New Name is Sacramento PRIDE

(From the Lambda Link)
The Lambda Freedom Fair has changed its name to Sacramento PRIDE. In an informal survey conducted after last year's Fair, about half the people surveyed did not know what the Lambda Freedom Fair was. Some surveyed had lived in Sacramento for years. When asked, all people surveyed were in favor of changing the name to Sacramento PRIDE and felt the name would better identify the event. If you want to know more about being part of the event this year, go to their website: www.sacpride.org.

The event will be held on Saturday, June 11 at Southside Park from 10AM to 6PM.

2005 Pride Theme: Equal Rights - No More - No Less!
Sacramento Pride is the oldest and largest LGBTQI pride event in Sacramento. Started in 1984 as the Lambda Freedom Fair, this year marks the 21st annual Pride. This year they are adding a parade. The last parade was in 1983.

Watch for our next SACWN newsletter the first part of August.

Sacramento Pride is the primary source of income for the Lambda Community Fund which operates the Lambda Community Center. ALL money raised at Pride goes to support the Fund for the following year. This allows them to provide resources and programs to the community.

The parade starts at Capital Park between 13th and 14th Streets. It will travel West on N Street, turn South on 10th Street and then at T Street it will turn West and end at the Southside Park.

Go to page three to see a map of the route. Hope to see you there!!

THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

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STEERING COMMITTEE

MEMBERSHIP COMMITTEE
Cindy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
Margaret

TREASURER
Cindy

CHARITY ADVISOR
Mary Lou

LOGISTICAL SUPPORT
Colleen

MARKETING/ SPECIAL PROJECTS
Kelli

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.
In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@surewest.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (July 7 and August 4). We have moved our meeting location to Wyndancse Women's Center. The address is 2400 Glendale Lane, Suite E. (It's off of Alta Arden near Fulton.) Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@yahoo.com with your ideas.

Happenings in the Community

Camping Women Activities

June 13-26 Camping Women will be at Lake San Antonio which is 28 miles Northwest of Paso Robles and Highway 101. There are 35 sites, each with electricity, water and sewer. Nearly all the sites are shady either part of or all day. There's a huge lawn area nearly as big as a football field which is perfect for badminton, croquet, and/or volleyball. There are two horshoe pits outside the grassy area in full shade.

There's a large clubhouse with kitchen facilities, refrigerators, tables, chairs, deck overlooking the lawn and a huge outdoor BBQ pit. This will be for our exclusive use and a great venue for playing board and card games, having potlucks, line dancing, workshops and meetings.

There are hiking trails throughout the area, a marina where boats can be rented, a small general store where you will find groceries and videos for rent, a laundromat and cafe. There is a large beach area for swimming and multiple places to drop a fishing line in the water. There are photos on the website: www.campingwomen.org

Lavendar Library Events:

TUESDAY, JUNE 14, 2005
World of LGBT Films & Videos
My Mother Likes Women
(A Mi Madre Le Gustan Las Mujeres) (2004)
Tuesday, June 14, 2005 at 7 pm
A hilarious comedy about three sisters whose lives are thrown off-kilter by their mother's sudden sexual awakening. Sofia, (Rosa Maria Sarda from All About My Mother), a renowned pianist, is long separated from the daughters' father. It is on the occasion of her birthday that she delivers a stunning announcement: she has fallen in love again.
English subtitles. Not Rated.

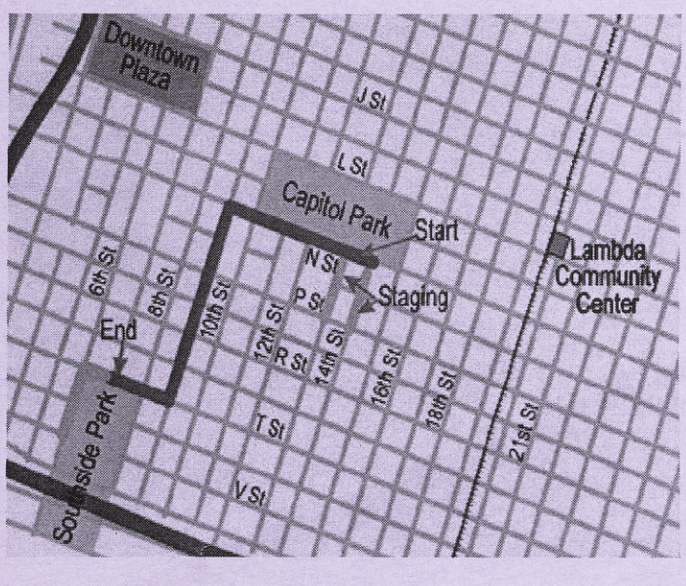
TUESDAY, JUNE 28, 2005
World of LGBT Films & Videos
Borstal Boy (2000)
Tuesday, June 28, 2005 at 7 pm
Autobiographical account of Irish author, Brendan Behan, who is arrested and sentenced to Borstal, a juvenile prison, for trying to smuggle explosives into England. In Borstal he meets Charlie, a young, openly gay sailor, but it takes a while before Brendan can come to terms with his loving another boy. When he finally does, it is one of the tenderest moments on screen. Not Rated.

For more information about these films, go to the Lavendar Library site: http://www.lavenderlibrary.org/

Sacramento Pride and Parade June 11th

Be part of the parade or be sure to see this event which has returned to Sacramento after many years.

Here's a map of the route. Get there early to reserve a curbside seat or just follow along as the parade moves along to the site of the Pride event at Southside Park.

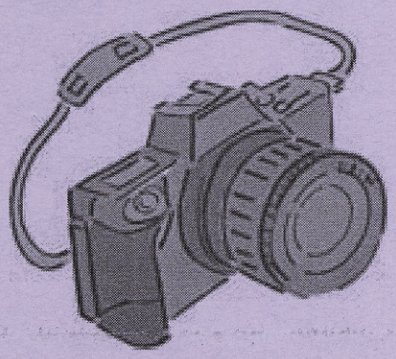


Special Interest Groups (SIGS)

Do you have an idea for a new special interest group?
Come to our Monthly Steering Committee meeting and present your idea.
We're always happy to offer more groups in which our SACWN members can participate!

Photography Group

Bring your camera (digital or film) and enjoy meeting with other women who love photography. At our meetings we'll discuss where our next shoot will take place, share ideas and recent pics. etc. Underwater photographers are welcome. Contact Jessica at 580-7322. E-mail punky@surewest.net



Couples Dinner Group

The Lesbian Couples Dinner Group formed in the summer of 2003. We have a great time sharing good food, good conversation and friendship.

We have approximately 11 couples that meet on a monthly basis at different local restaurants or a couple's home. We are always open for suggestions as to restaurants or activities.

All lesbian couples are welcome to join us for dinner or whatever activity we are having. We meet once a month at a local restaurant to enjoy good food, good friends and good conversations. To find out where the next Couples Dinner is going to be, please contact: jazlady88@hotmail.com. Hope to see you soon!

Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for both singles and couples. Each month we get together for a meal at a local restaurant or at home pot lucks.

If you missed the Easter potluck, you missed a gorgeous afternoon! There was a small, intimate group of about 20 women in attendance. Spirits were high and food was plentiful! Ham and cheesy potatoes, salads, beans, hard boiled eggs, fresh fruit, and desserts, desserts, desserts! The hit of the day was the Easter Bonnet contest! Such talent we have! De D, again took first place with her artistic creation, "Honey Pot." The other winners were Kathleen, and Dot. The weather was beautiful, and some of us enjoyed lunch on the patio. Kudos to Dot, Betty, and Linda for once again, providing us with such a lovely day!

Upcoming Events:

JUNE: What: Ice Cream Social
Where: Joyce W's. home
When: Sat, June 18th, 2:00 P.M.
RSVP: by June 14th, to Joyce at 987-1069, for directions and suggestions on what to bring. Bring your own drinks and something to share that goes with or on ice cream!

JULY: What: Swim party/potluck
Where: Sharon G's home
When: Sat, July 16th, 2:00 P.M.
RSVP: by July 9th, to Sharon at 944-7435

There is ample seating around the pool, but the house will be available for board games or as a retreat from the sun and the heat.
Be sure to bring plenty of water to keep yourself hydrated!
I look forward to seeing you at one or all of these events! Come on out; we're going to have fun!!!

Seasoned Singles

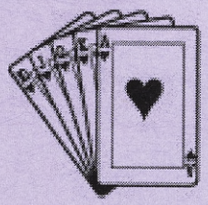
is for single women over the age of 50 who live in the greater Sacramento area. We are happy to announce the Margaret is going to be our new leader for the Seasoned Singles. You can contact her at sacto2251@aol.com or (916) 684-8996. Thanks so much for volunteering to lead this wonderful group, Margaret!!

SIGS and Other Groups Of Interest

Seasoned Singles - On Going Activities

Women's Music - For concert information contact Mary at 916-395-4147 or e-mail MaryStoschke@webtv.net.

Poker on the second Friday of each month. Contact De D at 916-927-3304.



Movie Group - The Seasoned Singles movie group attends showings of top movies together about once a month, usually at the Tower or the Crest Theater, but sometimes at more commercial theaters depending on the film involved. The group often meets for lunch before, or dinner afterward to discuss the movies. To get on the list to be notified of movie group outings, contact Joy Fisher at jfisher979@aol.com, or call her at (916) 567-1045.

More Sigs Through SACWN

Arts and Entertainment Group (A&E)

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you're interested in participating in or coordinating an event, contact Dee at 443-2377.

Want to know what else is happening in the area? Check out these groups.

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - itsfnews@hotmail.com or PO Box 95, El Dorado, CA 95623.

River City Bowlers: Sacamento's only Gay and Lesbian Bowling League. Contact person is Tom Lane. 916-635-1535.

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org. For local information e-mail Sharon: shtaylor@dfg.ca.gov.

Some of their activities for June-August:

June 17 - 26 - Invitational at Lake San Antonio - Information, registration forms, etc. are on the Invitational page.
July 15 - 17 - Fallen Leaf Campout - located near Lake Tahoe. Flush toilets, showers and a beautiful lake. Excellent hiking. Joey is facilitating. Contact her at joeyj2550@sbcglobal.net.
August 5 - 7 - Peninsula Camping and Boating Resort - Rollins Lake. Fishing, swimming and hik-ing. Showers, flush toilets, and dump station. Boat rental is available. Cost is $25.50 per night. Potluck on Saturday night. Helen is facilitating, 784-1129.

The Gay & Lesbian Sierrans is another group you may enjoy. They do day hikes and weekend camp trips.
www.motherlode.sierraclub.org/gls.

Tina Reynolds Uptown Studios is at 912 1/2 J Street (inside the orange door). Tina has art shows, and lots of great activities. Get on her e-mail list and she'll keep you informed of the latest GLBT activities in town - tina@uptownstudioes.net

Sac Sisterhood Group is an African-American group of women who love women in Sac called the SacSistahood. Our group has been meeting for one year as a social network for black women who identify as same-gender-loving.
http://www.sacsisterhood.com/list.php

This and That

Friday Night Dances at the Methodist Church

These Friday Night Dances provide a fun environment for everyone. Do you enjoy dancing, want to learn to dance, like to socialize or people watch? Come out and join us for a no pressure, stress-free Friday night out. Dance is structured to the Two-Step, Waltz, Cha-Cha, Salsa and Line Dancing. Are you shy about learning to dance or need extra help in learning the dance steps? We can provide private instruction before the group lesson or connect you with someone at the dance to give a one-on-one lesson.

We are a friendly mix of both couples and singles. Dances are held every Friday night at the Central United Methodist Church, 5265 H Street in the Social Hall. Group lessons start at 7:30pm.
Open dance from 8:00-10:00pm. The Hall has a large hardwood floor with plenty of room to dance. No smoking or alcohol is allowed in the social hall. Children are welcome with adult supervision. A $2.00 donation is appreciated, but not required. We have bottled water or juice for $1.00.

You can be notified of upcoming events and any announcements related to the dance by joining our E-mail list at nancin@pacbell.net. No junk mail will be sent. For more information call Cindy or Nancy at 916 987-6614.

We would be grateful for any help you can give.

The Open Book Is For Sale

The Open Book liquidation. The efforts to sell the business have not been fruitful and a liquidation sale has started. Until the store closes, the new hours of operation are from 10:00 AM until 6:00 PM, seven days of the week. We urge you to stop by the store and take advantage of the great bargains that will be offered this next month (greater discounts will be offered each week), as well a visit with the staff and Ron and Larry. www.openbookltd.com from the OutSacamento website: http://www.outsacramento.com/

Monarchs Promotional Nights

Saturday, June 4 - Opening Day Pin & PomPoms

Friday, June 17 - Dad's and Daugther's day
Monarchs Sunshade**

Friday, June 24 - Breast Health Awareness

Thursday, July 14 - Monty's Birthday & Kids Day

Sunday, July 24 - Team Poster

Saturday, August 20 - Monarchs Summer BBQ Set**

Tuesday, August 23 - MONTYS - Monarchs Thank You Sacramento

Green Tea - Research

This article from Jenny Thompson: Health Sciences Institute e-alert
HSIResearch@healthnews.com

About one third of the dry weight of green tea leaves is made up of a flavonoid called catechin. The most abundant of the four types of green tea catechins is epigallocatechin gallate (EGCG), which also happens to be the component of green tea that has been shown to inhibit tumor cell growth.

Researchers with the John Innes Centre in Norwich, UK, and the University of Murcia in Spain, launched a laboratory study of EGCG after their research showed that the chemical structure of a cancer drug called methotrexate was remarkably similar to ECGC.

As reported in the journal Cancer Research, the researchers isolated EGCG from green tea leaves and tested its effect on an enzyme called dihydrofolate reductase (DHFR), which promotes cancer cell growth by producing new DNA in cancer cells. The test revealed that EGCG levels found in tissue and blood samples of green tea drinkers was sufficient to effectively bind DHFR, inhibit cell growth and induce apoptosis, a series of reactions that cause cancer cells to self destruct.

A couple of cups a day can cause cancer cells to self destruct.

The UK/Spanish researchers noted that the EGCG levels that inhibited cancer could be reached with about two or three cups of green tea per day. This finding is remarkably similar to another green tea study I told you about last year in the e-Alert "Envy With Green" (4/21/04).

In trying to understand the mechanism that makes EGCG effective against cancer, researchers at Kyushu University in Japan focused their attention on a type of cancer receptor cell known as 67 LR. Many cancer tumors produce large amounts of this cell, which senses chemicals and responds with electrical signals. Scientists believe that 67 LR is one of the key agents that helps cancer spread throughout the body. Using lung cancer cells, the researchers observed that cell growth was inhibited by exposure to EGCG at concentrations that would equal just three cups of green tea.

Shortly after the Kyushu study was released, another study of EGCG was reported in the journal *Blood.* Researchers from the Mayo Clinic in Rochester, Minnesota, examined the interaction between EGCG from green tea and cancer cells taken from 10 patients diagnosed with the most common type of leukemia: B-cell chronic lymphocytic leukemia (CLL).

This research also involved a receptor cell, called VEGF, which nurtures growth in leukemia. Researchers found that EGCG suppressed the VEGF mechanism, inhibiting the growth of new blood vessels necessary for cancer proliferation. In 8 of the 10 samples, EGCG prompted the death of cancer cells.

The Mayo Clinic researchers hope their study will eventually lead to a non-toxic way to treat CLL. This type of leukemia can only be treated with chemotherapy, but when older patients are diagnosed with early stages of CLL (a cancer that mostly affects people over the age of 60), some doctors choose to monitor the slow-growing disease before subjecting a patient to unnecessary (and harsh) treatments. The Mayo team believes that EGCG could be an effective, low-impact treatment for early stage CLL.

Sources:

"The Antifolate Activity of Tea Catechins" Cancer Research, Vol. 65, No. 6, 3/15/05, cancerres.aacrjournals.org
"Scientists Find How Green Tea Fights Cancer" Reuters, 3/15/05, reuters.com
"Food Chemists Identify Organic Structure for Maximum 'Pop' in Popcorn" Food Navigator USA, 4/15/05, foodnavigator-usa.com

Feng Shui

From the American Feng Shui Institute's webpage: http://www.amfengshui.com/

What is Feng Shui?

Feng Shui is the ancient Chinese art and science of arranging elements in your environment for the purpose of improving health, wealth, and happiness.

What are the basic principles of Feng Shui?

Yin/Yang, the Five Elements, the Eight Trigrams, the East/West compass theory, the solar system, and the environment.

How are the basic principles applied?

Feng Shui is based upon a set of theories and complex calculations derived from the Yi Jing. This includes an in-depth understanding and application of the theories of Yin/Yang, along with the balancing of the Five Elements (Wood, Fire, Earth, Metal, and Water) and taking into account a physical relationship between the natural environment and surrounding magnetic fields.

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Your Lucky Sleeping Directions by Robyn Bentley

Are you struggling financially? Got the "right stuff" but getting nowhere on your career path? Have a bright child who makes bad grades? Haven't had a date since the Democrats were in the White House? The solution could be as simple as moving your bed. According to feng shui, the ancient Chinese practice of balancing energy in homes and offices, every person has 4 positive and 4 negative sleeping directions. Sleeping with the crown of your head pointed towards one of your 4 positive directions is said to bring you luck in either wealth, health, relationships, or wisdom. Sleeping in a negative direction causes problems in your life such as money problems, unemployment, poor health, bad or no relationships, and bad grades and behavior in children.

FINDING YOUR LUCKY DIRECTIONS IS AS EASY AS 1-2-3!
ONE-- Log on to fengshuidiva.com and select ABOUT FENG SHUI on the menu
TWO-- Select BEST COMPASS DIRECTIONS and look on the chart for your YEAR OF BIRTH and GENDER to get your KUA (kwah) NUMBER
THREE-- Scroll down to the KUA CHART to get your 4 best directions.

You are an EAST GROUP person if your best directions are N, S, E and SE.
You are a WEST GROUP person if your best directions are W, NW, SW and NE.

Some couples have OPPOSITE best directions so one partner will be sleeping in a positive direction and the other in a negative direction. In that case, the partner with the most financial impact on the household should sleep in their positive direction which is their partner's least worst direction.

This information is from Robyn Bentley's website: *http://www.fengshuidiva.com/index.html*

WOW! KVIE is now broadcasting *In The Life* (ITL) three times per month!

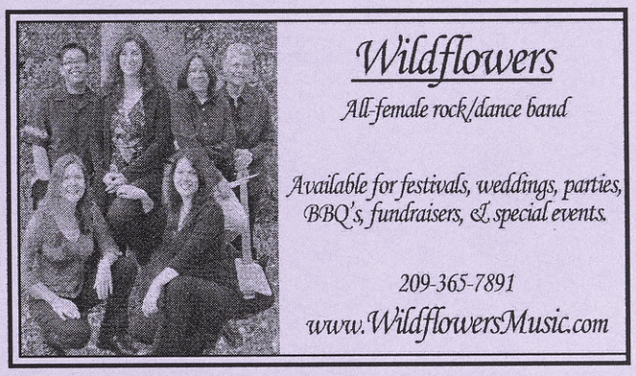
That process started in May. I hope it continues. This wonderful program has monthly shows that are 60 minutes in length and talk about all the GLBT issues. If you want to see their January show as a movie, go to: http://www.itl.tv/inthelife/watch/
If you have a fast line (cable/DSL, etc.) the streaming is very smooth. The following is their description of the January show:

Image Conscience
This January, EmmyÆ Award winning actress Laura Linney (Kinsey, P.S.) hosts In the Life. Fittingly, the woman who made history by starring in the groundbreaking television miniseries "Tales of the City" explores LGBT representation on the small screen in "IMAGE CONSCIENCE."

This show from ITL covers the GLBT community on TV from the beginning in 1939 to the present day TV images of GLBT - Queer Eye, L Word, etc.
If you want to find out when ITL will be showing on KVIE, go to their website, http://www.itl.tv/inthelife/when_its_on/index.php enter your zip code and they'll give you the dates and times for the show in your area. Also, on this site, you can sign up to receive their e-mail notice of upcoming shows. http://www.itl.tv/inthelife/when_its_on/index.php

"Watch your thoughts; they become your words. Watch your words; they become your actions. Watch your actions; they become your habits. Watch your habits; they become your character. Watch your character ... for it will become your destiny."
--- Frank Outlaw

New Advertiser!



Note From Wildflowers:

Our spring schedule includes:

*Saturday, June 4th, 3:00 – 5:00pm, at the Suisun City Waterfront Open Market

*Saturday, June 11th, 2:00pm – 3:00 pm, at the Sacramento Pride Festival

You can visit our website for the latest details – www.wildflowersmusic.com– and be sure to check back often as we schedule our summer shows!

Looking forward to seeing you (and your friends) very soon!!

Best Wishes,

Wildflowers (Mary, Patricia, Becca, Jenn, Vita, Tanya, & Sue)

SACWN's Advertising Rate
Business ads are just $60 per year!

Don't miss out on the best deal in town!
Call 916-451-8034 and let us advertise your business to our membership.

Couples, Families, Individuals
Ellie Zacks, Ph.D.
Clinical Psychologist
PSY10426
(916) 863-1790
By Appointment
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Jessica Dutra
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Real Estate Appraiser

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Off. (916) 783-2100
Fax (916) 783-8412
Email: jdutra@surewest.net

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Sacramento, CA 95833

SACWN - Membership Application

Name: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

(Circle One): NEW RENEWING

CATEGORIES/RATES:

(Check One): ___Regular $24.00 ___Sustaining $48.00 __Limited Income $12.00
Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

_____I/we would like to receive the newsletter electronically.

E-mail Address: _____ *(if different from above)*

Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

Signature: _____ Date: _____

Signature: _____ Date: _____

Please make checks payable to: **SACWN**
Mail to: **SACWN**
PO Box 19036
Sacramento, CA 95819-0036

Want to contact us but don't want to write? SACWN has voice mail and E-mail! Call us at (916) 451-8034 and leave a message and we will respond as soon as possible. OR you can send E-mail to:
SACWN1@yahoo.com

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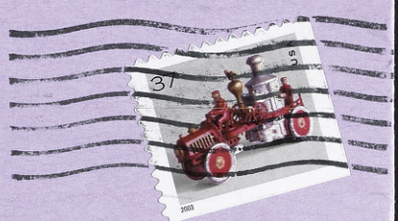
SACRAMENTO CA 957
PM
31 MAY
2005



SACWN, Inc.
Sacramento Area Community Women's Network

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